

OUTLINE

Suicide: Who, When, How and Where

Addiction recovery
Trauma-informed care
Populations with multiple risk factors
Suicide attempt survivors – learning from their experience
Upstream clinical practices: reaching people before the point of crisis

Elicit Key Information from Suicidal Clients: Assessment and Level of Risk

Implicit and explicit expressions of suicidal thoughts
Communicating caring: Language to impart compassion and avoid stigma
Suicide risk assessment
SAFE-T
PATH WARM
Ideation, plan, means, intent
Level of risk

Formulate Treatment Plans that Help Clients Regulate Emotions and Make Them Feel Valued and Connected

Collaborative safety planning (or “Why Suicide Contracting is Dead”)
Proactive approaches to decrease the likelihood of suicidal despair
Multi-system approaches – support systems

Evidence-based treatments:

- Cognitive Behavioral Therapy
 - Cognitive restructuring strategies
 - Emotional regulation exercises
 - Behavioral Activation
- Dialectical Behavior Therapy
 - How to organize a skills training group
 - Tips for phone coaching

Relapse prevention plans
Documentation
Reduce access to lethal means
Working with specific populations: veterans, the elderly

Confidently Handle Crisis Situations

Conduct a behavioral chain analysis
Validating reasons for suicide
Identify reasons for living
Use distress tolerance and CBT skills to manage a crisis
When and how to hospitalize

Suicide Grief Support and Innovative Suicide-Specific Care

Implement Suicide Grief Support

- Understand the unique nature of suicide grief
- Peer-based support: Connect clients to other survivors of loss

Other innovative suicide-specific care

- Collaborative online tools and applications

Clinicians with lived experience
Post-traumatic growth and suicide

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

OBJECTIVES

1. Assess individuals at risk of suicide with a clinical approach that identifies both explicit and implicit expressions of suicidal thought.
2. Determine key indicators of imminent suicide and develop a strategy for determining when and how to hospitalize clients.
3. Formulate a CBT and DBT oriented case conceptualization that addresses how to effectively work with specific populations including veterans and the elderly.
4. Employ a collaborative safety approach to help clients survive a suicidal crisis while avoiding the pitfalls of suicide contracting and the false sense of security and decreased clinical vigilance that can accompany their use.
5. Develop communication strategies that convey your compassion and support and strengthen the therapeutic alliance.
6. Design a multi-systemic approach that reduces access to lethal means and incorporates the suicidal person's social connections into their safety plan.

Free Video



David Kessler on
How Death
Shapes Your
Clients' Grief

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SUICIDE

ASSESSMENT & INTERVENTION

Assess Suicidal Ideation and Effectively Intervene in Crisis
Situations with Confidence, Composure and Sensitivity

LIVE Interactive Webinar Monday, December 13, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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SUICIDE

ASSESSMENT & INTERVENTION

Assess Suicidal Ideation and Effectively Intervene in Crisis
Situations with Confidence, Composure and Sensitivity

- Get confident! Transform how you view and work with suicidal clients
- Methods to assess suicidal ideation
- Determine level of risk - and know what to do when suicide is imminent
- CBT, DBT and other evidence-based treatments

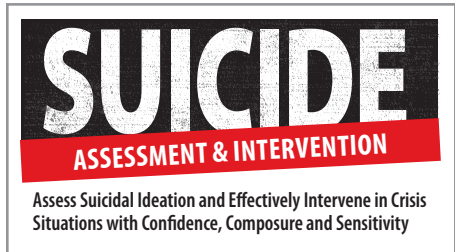
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Losing a client to suicide is your worst nightmare. And there inevitably comes a time when the suicidal client is more than just an intangible dread. When an actual person, suffering and sitting in your office, reveals they are having suicidal thoughts. Many clinicians are left feeling **unprepared, frightened, and unsure what to do next.** The weight of keeping someone alive can steer you in the

direction of avoidance. Desperate and alone, suicidal clients can find themselves passed from one therapist to the next. And that's not care.

Don't let fear push you away.

This seminar will transform how you view and work with suicidal clients and give you the clinical tools you need to save lives.

Full of thought provoking lecture, engaging case studies, and guided instruction on a host of powerful clinical applications, this seminar will provide you with the tools you need to:

- Assess for suicidal risk and identify implicit and explicit expressions of suicidal thought.
- Formulate a game-plan for crises when suicide is imminent.
- Intervene in suicidal despair with proactive approaches derived from the evidence-based efficacy of CBT and DBT.
- Effectively use targeted language with suicidal clients that will help you avoid stigma and successfully communicate your compassion.
- Provide innovative grief support resources that connect clients and clinicians with other survivors of suicide and suicide loss.

Leave this seminar feeling confident and capable to work with suicidal clients and guide them out of the darkness and back into the light!

Target Audience:

Social Workers • Psychologists • Psychiatrists • Counselors • Marriage and Family Therapists
Case Managers • Addiction Counselors • Therapists • Nurses
Other Mental Health Professionals • School-Based Counselors • School-Based Psychologists
School-Based Social Workers • School Administrators



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MEET YOUR SPEAKER

Sally Spencer-Thomas, Psy.D., is a clinical psychologist and inspirational international speaker. Dr. Spencer-Thomas was moved to work in suicide prevention after her younger brother, a Denver entrepreneur, died of suicide after a difficult battle with bipolar condition.

Dr. Spencer-Thomas has been an invited speaker at the White House on the topics of mental health and suicide prevention and has held leadership positions for the National Action Alliance for Suicide Prevention, the International Association for Suicide Prevention, the American Association for Suicidology, and the National Suicide Prevention Lifeline. She has won multiple awards for her leadership including the 2014 Survivor of the Year from the American Association of Suicidology, the 2014 Invisible Disabilities Association Impact Honors Award, the 2012 Alumni Master Scholar from the University of Denver, the 2015 Farbarow Award from the International Association for Suicide Prevention and the 2016 Career Achievement Alumni Award from the University of Denver's Graduate School of Professional Psychology.

She has a Doctorate in clinical psychology from the University of Denver, a Masters in non-profit management from Regis University, and a Bachelors in psychology and studio art with a minor in economics from Bowdoin College. She has written four books on mental health and violence prevention.

Speaker Disclosure:

Financial: Sally Spencer-Thomas is speaker, trainer and change agent for Sally Spencer-Thomas, LLC. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sally Spencer-Thomas has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/86264

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



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Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



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December 13, 2021 [PWZ86263]

\$219.99 tuition

8am Eastern time

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\$219.99 [POS053755]

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 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 [RNV053755]

DVD Experience:

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- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



PUB085950

High Risk Clients
Evidence-based Assessment & Clinical Tools to Recognize and Effectively Respond to Mental Health

Paul Brasler, MA, MSW, LCSW
~~\$29.99~~ **\$22.99***



PUB085170

Treating Suicidal Clients & Self-Harm Behaviors
Assessments, Worksheets & Guides for Interventions and Long-Term Care

Meagan N Houston, Ph.D., SAP
~~\$29.99~~ **\$22.99***

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.
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Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

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QUESTIONS

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Taxes and shipping apply where applicable, see website for details

